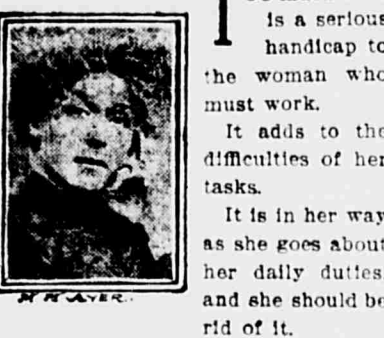


In One Month Miss Ayer Will Take the Fat Off  
a Workingwoman Who Weighs 225 Pounds

"The Clawhammer" for the Swell Easter Girl;  
"Beetle" and "Butterfly" Coats for Her Sisters

The Treatment Will Not Interfere Materially With the Woman's Daily Duties.

By Margaret Hubbard Ayer.



She can be rid of it if she will, and I hope in this series of simple experiments to show her how.

She can reduce herself without losing any time from her work, and by methods that will not interfere materially with her usual routine of living.

All she has to do is to follow the advice and treatment I am going to give to the woman I have taken in hand.

Mrs. Mary Martin is a woman of 3 feet 4 inches, who weighs 225 pounds. She is a woman who has work to do, and her tremendous weight not only makes it difficult for her to get around quickly, but adds very materially to the fatigue of her labors.

Mrs. Martin wants to reduce her weight, not from any reason of vanity, but because she wants to be able to work better.

She has asked me to take her for a subject, reduce her weight gradually and tell her story to the readers of The Evening World who suffer as she does, so that they too may follow her treatment and lose flesh as I expect her to do.

I have undertaken to show her how to lose flesh, and she has promised to follow directions implicitly.

To-day Mrs. Martin was examined by



MRS. MARY MARTIN AS SHE IS TODAY

Mrs. Martin's Measurements.

Bust	47 inches.
Waist	41 "
Hips	84 "
Thigh	27 "
Forearm	13 "
Upper arm	14 1/2 "
Wrist	8 1/2 "
Height	5 ft. 4 in.
Weight	225 pounds

seen the reason why she should deny herself the enjoyment of food she liked to eat.

She likes all sweet things, and has a great fondness for bread, enjoys beer, puddings, pastries, peas, beans and other fat-forming foods.

On account of her age she will be more difficult to reduce than if she were a younger woman. But I am sure that if she keeps the treatment up long enough she will be able to lose many pounds of fat gain in comfort, and the diet to which she will be held will undoubtedly cure the indigestion to which she has so long been subject.

Mrs. Martin is a very rapid eater. She bolts her food without chewing it, and she has never chosen her meals from the standpoint of a dietician, but has eaten anything a rather abnormally developed appetite craved.

She is, however, perfectly willing to obey orders and though she knows to a large extent how many things she will have to give up in the way of food, she is anxious to begin treatment and get rid of her wearisome burden of too solid flesh. For a woman of her bulk, her figure is not quite so grotesque as she has always been careful to wear a well-cut corset. Her measurements are given separately.

I don't want to set an exact time limit in which to work out Mrs. Martin's transformation, but expect in a month to reduce her weight very materially and to show her how she can continue until she has reached a proper weight for her height and age.

Reflections of a Bachelor Girl.

NEAR-LOVE-MAKING is the scientific masculine method of saying a great deal and promising nothing.

A man buttons a woman's dress up the back with almost the same grace and alacrity that a woman displays in climbing a barbed wire fence.

A woman can do nothing wrong, as long as a man is in love with her, and nothing right after he ceases to be.

Give me a man with a dark brown past—one who has tasted the spice in life's pudding, and won't begin to long for it the moment he has been put on the matrimonial diet of bread and milk.

The kind of wife every man is looking for is one who can peel potatoes with one hand, curl her hair with the other, rock the cradle with her foot and accompany herself on the piano.

Isn't Cupid, but cupid, that is to blame for those unhappy international marriages.

That old saw about marrying a man to get rid of him isn't a joke; it's the best way.

Fashion Goes the Limit This Year ---Striking Coats Keep Company with the Flower Pot Hats.

BY DIANA DE MORGNY

THE Easter girl has borrowed lines for her costume from bird and beast, and has even condescended to take the reviled lobster's mailed coat and fashion for herself like unto it both in color and shape.

Watch out for the beetle wing, the butterfly and the clawhammer tomorrow in the Easter parade. For they are the height of the fashion.

The Easter girl who follows Dame Fashion to the limit will wear one of these three garments and look as much like a butterfly or a beetle as the best cut and tailored garment will permit. There is no such thing as extreme style in spring garments. All the new styles are extreme, and those that are not are old.

The little short coats will probably be most popular for everyday wear, and consequently more of them will be seen tomorrow than the regular clawhammers, which are longer and more for dress coats. The shorter coat is usually made over a vest cut as much like a man's vest as possible, and the cloth is



THE BUTTERFLY

THE CLAW-HAMMER

THE BEETLE

cut away from the waist down just like a man's morning coat.

A more noteworthy style has the wings of the coat cut exactly like those of a beetle and again the little basque is lengthened like the wings of a cockchafer and forms the fashionable casaque.

The long clawhammer coat tails on the Directoire coats are sufficiently like a lobster's tail to be flattering to that sea monster's vanity, particularly when they are made of dark green silk or suede finish cloth in green. Of course the likeness is more prominent still when the coats are made of coral red. One of the handsomest of these coats which will be seen on the Avenue tomorrow, unless it rains, is made of dark green cloth, the sleeves being without seams. The front of the coat ends at the waist where it is finished with a large hand-made buckle of dull gold. But the tails of the coat reach almost to the end of the skirt, which, like all fashionable skirts of the moment, is

exceedingly long. With this suit will be worn a large flower-pot hat of braided straw in the natural color, trimmed with enormous feather pommes in shaded greens. The hat is lined with an ecru silk tulle.

The butterfly coats are made of lace, silks or lighter materials, and are shaped like the wings of butterflies, the dent in the wing coming somewhere near the waist line. The two wings make the front panel of the coat and the back is plain. These coats are gorgeously embroidered, either in soutache or silk, and are sleeveless. The rake for Directoire styles has brought all these extraordinary fashions with it, for in this period of which the modern dress is reminiscent old pre-revolutionary styles waged war with Empire effects, and besides that it was the great day for the emphasis of personality. The more eccentric the fashion, the sooner it was taken up by those courageous French women, who attempt everything sartorial from the sublime to the ridiculous, and who have dictated the fashions to us for a hundred years.

Panhandle Pete and the Easter Hat Parade. By George McManus.

